

Northern T&F League, West Premier, Match 4

Ellesmere Port on 17th August 2024

Results for Southport Waterloo athletes

Women				Men			
100m	Renee Adams	12.6	A2	100m	Josh Tan	11.4	A4
	Sierra Jalloh	13.0	B1		Jake Anders	12.2	B2
200m	Amber Hughes	27.0	A4		Chris Burgess	12.7	NS
	Esme McNally	30.4	B1	200m	Josh Tan	23.4	A3
400m	Sierra Jalloh	61.9	A2		Jake Anders	24.7	B2
	Aphia Keenan	77.7	B3	400m	Graham Boreham	54.3	A4
800m	Niamh Procter	3:08.6	A6		Julius Zajitschek	58.7	B6
	Aphia Keenan	2:56.4	B6	800m	Graham Boreham	NTT	A4
1500m	-				Julius Zajitschek	2:19.9	B6
3000m	-			1500m	Luke Ward	4:13.8	A5
100m H	Amber Hughes	16.6	A2		George Ingram	4:18.0	B1
	Aphia Keenan	23.2	B2	5000m	Ben Johnson	15:30.2	A3
400m H	Scarlett Adderley	68.9	A1	110m H	Sam Coupland	16.6	A2
	Emily Dean	76.2	B2	400m H	Sam Coupland	65.5	A4
2000m S/c	Emily Dean	08:04.8	A1		Oliver Storey	67.5	B1
4x100m	EM, NP, CH, SJ	53.6	3rd	3000m S/c	-		
4x400m	SA (63.0), AH (62.4), SJ (62.6), NP(69.4)	4:17.4	3rd	4x100m	JT, JA, CB, AB	46.4	3rd
Pole Vault	-			4x400m	GB(55.0), JZ(59.0), OS(59.1), GI(58.4)	3:48.5	5th
High Jump	Charlotte Hughes	1.30	A2	Pole Vault	Sam Coupland	3.50	A2
	Katy Coupland	x			Adam Byrne	3.40	B1
Long Jump	Lauren Byrne	5.01	A3	High Jump	Sam Coupland	1.60	A5
	Amber Hughes	4.40	B2		Adam Byrne	1.55	B1
Triple Jump	Esme McNally	9.54	A2	Long Jump	Sam Coupland	6.13	A2
	Niamh Procter	9.22	B1		Adam Byrne	5.79	B2
Shot	Lauren Byrne	9.33	A4	Triple Jump	Sam Coupland	12.66	A2
	Amber Hughes	9.26	B1		Lee Coupland	7.46	B5
Discus	Katy Coupland	25.70	A4	Shot	Sam Coupland	10.25	A4
	Charlotte Hughes	12.85	B3				
Javelin	Amber Hughes	18.95	A5	Discus	Lee Coupland	21.25	A4
	Katy Coupland	15.47	B4		John Byrne	17.65	B4
Hammer	Katy Coupland	15.60	A6	Javelin	Adam Byrne	35.90	A5
	Scarlett Adderley	14.89	B3		John Byrne	30.20	B3
				Hammer	John Byrne	16.36	A5
					Lee Coupland	16.15	B4